

THE KITCHEN

	Monday - 13 ^h	Tuesday - 14 th	Wednesday - 15 th	Thursday - 16 th National Ice Cream Day National Cheery Day	Friday - 17 th
Soup – 2.15 Soup Bread – 1.00	Indian Spiced Lentil (260kcal) Homemade Focaccia (308kcal)	Cream of Mushroom Soup(360kcal) Homemade Focaccia (308kcal)	Leek, Pea and Watercress (154kcal) Homemade Focaccia (308kcal)	Curried Sweetcorn Soup (393kcal) Homemade Focaccia (308kcal)	Spiced Parsnip (234kcal) Homemade Focaccia (308kcal)
Main Meal 6.25	Szechuan Pork Stir Fry (483kcal) Egg Noodles (201kcal)	Beef Bolognaise (387kcal) Spaghetti (290kcal) <i>Add cheese 1.00</i>	Honey Sesame Pork with Carrots (429kcal) Egg Fried Rice (212kcal)	Pulled Chicken and Black Bean Chilli (487kcal) Steamed Basmati Rice (139kcal)	Battered MSC Battered Pollock Fillet (394kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on 2.00 each	Large Spring Roll	Garlic and Herb Slice x 1 50p (97kcal)	Vegetable Gyoza Dumpling x 4 £2.00	Jalapeno Poppers (310kcal) 2.50	Gravy (28kcal) – 0.90
Vegetarian Meal 6.00	Mushroom and Stilton Gnocchi Bake (612kcal)	Quorn Bolognaise (312kcal) Spaghetti (290kcal) <i>Add cheese 1.00</i>	Black Bean Tofu and Vegetable Egg Fried Rice (212kcal)	Pulled Quorn and Black Bean Chilli (397kcal) Steamed Basmati Rice (139kcal)	Battered Quorn Sausage (454kcal) Chips (270kcal) Tartare Sauce (85kcal)
Potatoes - 1.70	Chips (273kcal)	Sweet Potato Wedges (189kcal)	Lemon and Thyme New Potatoes (175kcal)	Fajita Spiced Chips (273kcal) 1.75	Chips (270kcal)
Vegetable - 1.50	Chinese Cabbage with Ginger and Chilli (89kcal)	Garlic Roasted Courgettes (175kcal)	Charred Sweetheart Cabbage (54kcal)	Lemon Green Beans (95kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held - 4.25	Pepperoni and Mozzarella Calzone	Homemade Pork Sausage Roll (571kcal)	Southern Fried Chicken Burger (512kcal) Southwest Sauce (89kcal) Iceberg Lettuce (8kcal) Red Onion (5kcal)	Classic Cheese Burger <i>Double up your burger for 1.50 extra</i> (671kcal)	Jumbo Battered Sausage 2.95 (513kcal) Saveloy 2.00 (207kcal)
Available Everyday	Chips (270 kcal) – 2.00 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270 kcal) – 2.00 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270 kcal) – 2.00 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270 kcal) – 2.00 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270 kcal) – 2.00 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00
Hot Sweet 3.00	Jam and Coconut Sponge (328kcal) Custard (85kcal)	Steamed Honey Sponge (187kcal) Vanilla Custard (85kcal)	Baked Cheesecake (351kcal) Cream (158kcal)	Chocolate & Orange Sponge (378kcal) Chocolate Custard (95kcal)	Lemon Curd Sponge (370kcal) Cream (158kcal)